Fall 2015

September

Wilson Aquatic Center 202-730-0583

4551 Fort Drive NW WDC 20016 M-F 6am-9pm /Sat & Sun 9am-5pm



Sur	Mon	Tue	Wed	Thu	Fri	Sa		
		1	2	3	4	5		
	Rest Week—No Classes							
6	HAPPY LABOR DAY	8	9	10	11	12 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:115am Level B PRESCHOOL AQUATICS 11:30-12pm Level2 1:00-1:30pm Level3		
13 AQUA ZUMBA 12-12:45pm	14 BODY WISE FOR SENIORS 8-8:45am 12:12:45pm SENIORS LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm AVILLS & SKILLS 7:00-7:45pm	16 DEEP WATER EXCERSICE 6:30-7:15am BODY WISE FOR SENIORS 8-8:45am 12:12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	WATER AEROBICS FOR SENIOR 9:45-10:30am 12:00-12:30ym Level A 12:30-13:50ym Level B PRESCHOOL AQUATICS 1:30-2:000ym Level 1 CHILD LEARN2SWIM 4:30-5:000ym Level 1 5:15-5:45ym Level 2 6:00-6:30ym Level 3 7:00-7:45pm Level 3	18 DEEP WATER EXERCISE 6:30-7:15am BODY WISE FOR SENIORS 12:12:45pm	19 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12m Level2 12:15-12:45 Level2 1:00-1:30pm Level3		
20 AQUA ZUMBA 12-12:45pm	21 SENIORS LEARN2SWIM 3:00-3:30pm	PARENT CHILD LEARN2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	DEEP WATER EXCERSICE 6:30-7:15am SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR. WAVE 4:00-5:00pm ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15PM Level 3	PARENT/CHILD LEARN2SWIM 12:00-12:30pm Level A 12:30-11:5pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:00-6:30pm Level 1 5:00-6:30pm Level 2 5:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	25 DEEP WATER EXERCISE 6:30-7:15am	PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12m Level3 12:15-12:45 Level2 1:00-1:30pm Level3		
27 AQUA ZUMBA 12-12:45pm	BODY WISE FOR SENIORS 8-8-45am 12:12:45pm SENIORS LEARN2SWIM 3:00-3:305mm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00pm ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	WATER AEROBICS FOR SENIOR 9:45:10:30AM PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30:115pm Level A 12:30:10:50pm Level 1 13:00-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm Level 3	DEEP WATER EXCERSICE 6:30-7:15am BODY WISE FOR SENIORS 8-8:45am 12:12:45pm 12:12:12:45pm 12:12:12:45pm 12:12:12:12:12:12:12:12:12:12:12:12:12:1	1	2	3		

October

Wilson Aquatics Center 202-730-0583

4551 Fort Drive NW WDC 20016 M-F 6am-9pm /Sat & Sun 9-5pm



	W-F Gain-Spin / Sat & Sun S-Spin						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-11:5pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm ALVELLS & SKILLS 7:00-7:45pm ALVELLS & SKILLS	2 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B	
4 AQUA ZUMBA 12:00-12:45pm	5 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 8:00-8:455pm 12:00-12:45pm 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 2 7:00-7:45PM	7 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 8:00-8:455 12:00-12:45pm 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	WATER AEROBICS FOR SENIOR 9:45:10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-11:5pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 2 6:00-6:30pm Level 3 7:00-7:45PM	9 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	10 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level 1 1:215-12:45pm Level 2 1:00-1:30pm Level 3	
11 AQUA ZUMBA 12:00-12:45pm	17	13	14 BODY WISE FOR SENIORS 8:00-8:45 /12:00-12:45PM	15 WATER AEROBICS FOR SENIOR 9:45-10:30am	16 BODY WISE FOR SENIORS	17 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B	
	Columbus Da	Make			12:00-12:45pm JR WAVE 4;00-5:00pm	PRESCHOOL AQUATICS 11:30-12pm	
18 AQUA ZUMBA 12:00-12:45pm	1 9 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-13:15pm Level B PRESCHOOL AQUATICS ILLICATION CHILD LEARN 2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm	21 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-11:5pm Level B PRESCHOOL AQUATICS 11 CHILD LEARN 2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm	23 DEEP WATER EXERCISE 6:30-7:15AM	24 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level 1 12:15-12:45pm Level 3 1:00-1:30pm Level 3	
25 AQUA ZUMBA 12:00-12:45pm	26 JR. WAVE 4:00-5:00pm	27 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:10-5:45pm Level 2 6:00-7:45pm Level 3 6:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45pm	28 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	29 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-7:45pm Level 3 6:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45pm	30 DEEP WATER EXERCISE 6:30-7:15AM JR. WAVE 4:00-5:00pm	31 PARENT/CHILD LEARN2SWIN 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level 1 12:15-12:45pm Level 2 1:00-1:30pm Level 3	

Fall 2015

November

Wilson Aquatic Center 202-730-0583

4551 Fort Drive WDC 20016

M-F 6:00am-9:00pm /Sat & Sun 9:00am-5:00pm



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	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	L QUA ZUMBA 2:00-12:45pm	2 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARNZSWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	WATER AEROBICS FOR SENIOR 9:45-10:30am 9:45-10:30am 12:00-12:30pm Level A 12:30-11:35pm Level B PRESCHOOL AQUATICS 13:20-11:35pm Level B PRESCHOOL AQUATICS 13:20-12:30pm Level B 13:20-13:30pm Level	4 DEEP WATER EXERCISE 6:30BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3 -7:15AM	5 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-11:15pm Level B PRESCHOOL AQUATICS 11:00-10-10-10-10-10-10-10-10-10-10-10-10-1	6 DEEP WATER EXERCISE 6:309-7:15AM 6:3080DY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	7	
{	3	9 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	### TOTAL STREET OF THE PRINCE	11	MATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 25WIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 3 7:00-7:45pm Level 4 7:0	13 DEEP WATER EXERCISE 6:30-7:15AM 6:308-0DY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	14	
	15	16 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	17 WATER AEROBICS FOR SENIOR 9:45-10:30am	18 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm JR WAVE 4:00-5:00pm	19 WATER AEROBICS FOR SENIOR 9:45-10:30am	20 6:30BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	21	
-	22	23	24	25		27	28	
		Make Up Week—No Scheduled Classes						
					Happy Thanksgiving			
	29	30	1	2	3	4	5	